

# NUTRITION

On Your  
Own

Self-Paced Lesson

SP-000-24 11/06



## To Baby With Love: Overcoming Breastfeeding Barriers Take-Home Class (Requires a DVD player)

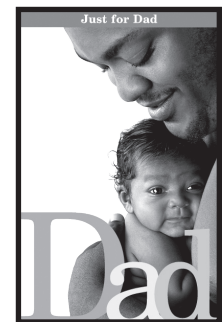
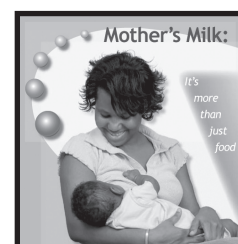
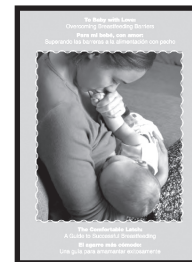
Welcome to the *To Baby With Love: Overcoming Breastfeeding Barriers* take-home class. This class covers common concerns many women have about breastfeeding and the importance of supportive family and friends. Please invite your partner, mother, and other friends and family members to take the class with you.

**By the end of this class, you will be able to:**

- Name at least two benefits of breastfeeding.
- Identify at least one resource for breastfeeding support.

**Materials that should be attached to this lesson:**

- *To Baby With Love: Overcoming Breastfeeding Barriers* DVD
- *Mother's Milk: It's More Than Just Food* brochure
- *Just for Dad* brochure
- *Just for Grandparents* brochure
- Two Breastfeeding Support Pledge Cards

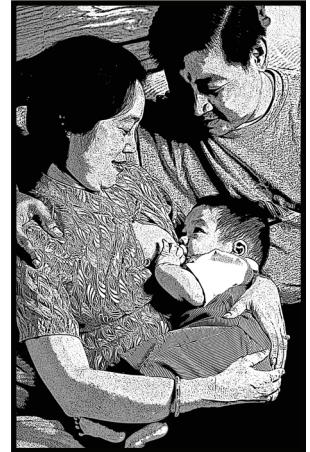


## **To get credit for this class:**

1. Follow the 5 easy steps.
2. Bring the completed lesson to your next WIC appointment.

### **Step 1 - Invite family & friends to do this short class with you!**

Please invite your partner, your mother, and any other family members or friends who will be helping you after you have your baby to watch the program with you.



### **Step 2 - Read this section aloud to family or friends taking the class with you or pass this around for everyone to read.**

WIC promotes breastfeeding because of the many health benefits for babies and mothers. WIC offers the following to breastfeeding moms:

- A larger food package
- WIC qualification for up to a year
- Breastfeeding consultations with WIC moms trained to help other WIC moms
- Breast pumps
- Other breastfeeding supplies, as needed.

Don't worry. If you choose to breastfeed, it will not affect your ability to get artificial baby milk (formula). Just call WIC if you need it.

Breastfeeding your baby is a very rewarding and fulfilling experience and will build your self-confidence as a mother. It may take a few weeks for you and your baby to learn to breastfeed. That's why it is important to identify your most supportive family and friends who can help you with other things around the house while you are recovering from childbirth and learning to breastfeed.

And don't forget about WIC. WIC is definitely a part of your support team! Our trained breastfeeding educators are available to answer your questions and provide you with breastfeeding assistance if you need it.



### Step 3 – Watch DVD Program To Baby With Love: Overcoming Breastfeeding Barriers

In the program, *To Baby With Love: Overcoming Breastfeeding Barriers*, moms discuss concerns they had about breastfeeding and how they found support to deal with those concerns in order to successfully breastfeed their babies.



### Step 4 – Read & Follow Instructions Below

- Give your partner and mother a Breastfeeding Support Pledge Card. Ask them if they will support your efforts to breastfeed by filling out a Breastfeeding Support Pledge Card. Keep the pledge cards in a visible place to remind them of their promise to support you. (If someone other than your partner or

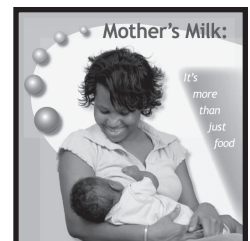
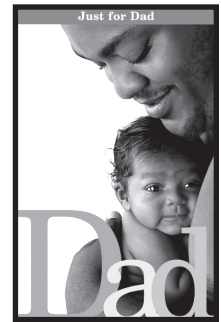
mother is doing the class with you, you can ask them to fill out the pledge cards instead.)

- Give your partner the *Just for Dads* brochure to read through.
- Give your mother (or father) the *Just for Grandparents* brochure to read through.
- Take a look at *Mother's Milk: It's More Than Just Food* brochure. It will remind you of the many benefits of breastfeeding that were talked about in the program.

## Step 5 – Answer these questions.

Please answer the following questions about *To Baby With Love: Overcoming Breastfeeding Barriers* by circling the correct answer or answers. Some questions may have more than one correct answer. You can ask your partner, mother, and anyone else who watched the DVD program with you to help you answer the questions.

1. In the program, *To Baby With Love: Overcoming Breastfeeding Barriers*, how were the moms able to tell if their babies were getting enough breastmilk?
  - a. They measured their breastmilk.
  - b. Their babies were sleepy.
  - c. Their babies were having plenty of wet and dirty diapers and they were gaining weight.
  - d. Their babies never cried.





2. What did the mothers say about whether breastfeeding was easy or difficult?
  - a. They felt breastfeeding was easy.
  - b. They felt it was faster.
  - c. They felt breastfeeding made going out more convenient because they didn't have to pack anything or worry about running out of anything.
  - d. All of the above
  
3. What did the mothers say about getting support from family or friends?
  - a. Tell them why you want to breastfeed. Tell them how breastfeeding makes you and your baby healthier.
  - b. Bring them WIC brochures and books on breastfeeding to read.
  - c. Surround yourself with positive people who will give you a lot of support.
  - d. "Turn off" the people who do not support your efforts to breastfeed.
  - e. Have confidence in yourself to make the best decisions for your baby.
  - f. All of the above

4. How did the mothers feel about their success with breastfeeding their babies?

- a. They felt proud.
- b. They felt confident.
- c. They were happy.
- d. All of the above



5. Which of these are benefits of breastfeeding? (You can look in your *Mother's Milk: It's More Than Just Food* brochure for the answers.)

- a. It lowers your baby's risk for obesity, diabetes and certain cancers.
- b. Your milk changes to meet your baby's needs as he grows.
- c. You will have a lower risk of developing breast and ovarian cancer later in life.
- d. It lowers your baby's chance of getting allergies.
- e. All of the above

6. What are some sources for breastfeeding support?

- a. Your partner
- b. Your mother
- c. Your friends
- d. WIC
- e. All of the above



7. Were you able to get any family members or friends to participate in the class?
- a. Yes
  - b. No
8. If yes, who participated? (Circle all that apply.)
- a. Your partner
  - b. Your mother
  - c. Your father
  - d. Your sister
  - e. A friend
  - f. Other \_\_\_\_\_
9. Did you like this take-home class?
- a. Yes
  - b. No



10. Would you like to do more of your WIC classes at home, like this one?

a. Yes

b. No

### Comments

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Bring this completed lesson to your next  
WIC appointment to receive your food benefits.

